

APPLE VALLEY EAGLE WRESTLING SCOPE AND TECHNIQUE

Scope and Philosophy

It is the belief of the AVHS wrestling program that our athletes will be in superior shape and outlast any opponent. Secondly, we believe that intense and focused repetitive drilling of a few high percentage moves has been a positive component of the AVHS wrestling program. This philosophy will continue.

The majority of the technique and drilling time will be spent on the neutral position, forcing our wrestlers to be more aggressive than our opponents and always on the attack. Next, we will create an attitude with-in our wrestlers that they will not be ridden by any opponent. Intense drilling of stand-ups will help us realize this goal. Last, the top position will need to be given a share of the practice. Time given to the top position will include two components. First, an intense and controlled bust, and second, a pinning combination.

The AVHS wrestling technique scope that follows is to be considered our primary focus as we attempt to fulfill the beliefs stated above. As the season progresses, adjustments, adaptations, and additions will need to be made. Secondary moves will continuously be added to each practice plan and to our scope as needed, and as each staff member contributes. It is imperative that the coaching staff evaluates and changes this scope in preparation for the following season.

Currently the technique that we will focus on is broken into two scripts providing for a two day rotation. Each primary move has set-ups and finishes that we need to be familiar with. Correct terminology by all staff members is essential. In addition, there is a list of drills that can be inserted during the practice.

Wrestler "Gold Card" should be completed by all wrestlers and reviewed by a coach. This may not need to be done until we have introduced a portion of our technique.

Video evaluation by each wrestler and/or coach is an area where we can improve. It may not be essential that the coach reviews the video, but it is essential that the wrestler does.

-DRILLS ON THE FEET & KNEES TO DO BEFORE, DURING, OR AFTER DRILLING

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1. Position fighting
2. Hand fighting
3. Pummeling
4. Giant strides
5. Penetration steps
6. King of the circle
7. Stance Drill
8. Pressure Drill
9. Shot Reshot
10. Shot counter shot
11. Two man attack drill
12. Three man attack drill
13. Situations
14. Three Underhooks
15. Ducks, Drags, Shrugs and Cut-away
16. Hip Tosses
17. Head Position Drill
18. Hip Down-Circle away
19. Kelber Drill
20. Knock Downs
21. Brawl Drill
22. Inside Tie & Collar Tie Drill (keep elbows in, pull down & move your opponent)
24. Hip Heist Drill with partner.
25. Stand up Drill
26. Counter to a Font Head (control elbow circle away & up, attack legs)
27. Throw-bys
28. Down blocks and knock-outs
29. Down block, Knock-outs, circle away
30. Down block, Knock-outs, circle away, shot
31. Down block, Knock-outs, circle away, shot, knock-out.....
32. Shadow wrestling
33. Snap down
34. Snap down go behind
35. Snap down go behind-stand and cut away.
36. Peak out drill

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-SINGLE LEG SET-UPS AND FINISHES

- A. Set-ups from inside hook/tie - Single far side
 - 1. Head smash/pound
 - 2. Wrist roll
 - 3. Wrist roll-head tap...to Hi-C
 - 4. Elbow pull
 - 5. Elbow push
 - 6. Elbow tug
 - 7. Shoulder push -Head smash/pound
 - 8. Thumb in armpit
 - 9. Elbow pass

- D. Finishes
 - 1. Banach's
 - 2. Shoulder pummel to low double
 - 3. High in front
 - a. Demaray's
 - b. Front trip
 - c. Penn State
 - d. Thigh dump
 - 4. Heel block
 - 5. Dump
 - 6. High outside
 - a. Head slap
 - b. In-side trip
 - c. Front trip
 - d. Thigh dumb

- E. Finishes from the mat
 - 1. Dog Fight - circle - elbow to the mat -
 - a. Far ankle
 - b. No ankle? far hip
 - 2. Dog Fight - circle - elbow to the mat - bump - ankle to the quad
 - 3. Post and drive opponent to feet
 - 4. Post and peak-thru
 - a. Peal'em
 - b. One up -one down
 - c. Cut thru
 - d. Quick two legs on one side, double
 - e. Tommy's (one in armpit one on shoulder)
 - 5. From key lock... step over and turn toe up
 - 6. Peak the nearside

- STAND-UPS

- A. Inside stand and outside stands -explosive
 - 1. Capture hand on elbow
 - 2. Pressure back with two on one
 - 3. Back pocket and cut-away
- B. Position stand
 - 1. Control hand on waist or hand on ankle
 - 2. Pressure back with two on one
 - 3. Cut-away

-DOWN POSITION DRILLS/MOVES TO WORK IN DURING STAND-UP SESSION

- A. Base position drill
- B. Getting off belly, switching hips drill
- C. Cat drill
- D. Cut-a-way drill
- E. Defending Navy Ride (hit hip or pressure back)

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- HIGH CROTCH (INSIDE STEP)

A. Set-ups

1. Inside Step Penetration
 - a. Inside tie w/ head position-release
 - b. Inside tie - head smash
 - c. Inside tie - shoulder post
 - d. Fake a single to far side - Hi-C near side
 - e. No tie - forearm post
 - g. Elbow pass
2. Outside Step Penetration/Knee tap (or in-side-step optional)
 - a. Inside hook-to elbow pull
(when opponent comes for inside position)
 - b. Elbow pull
 - c. Under-hook

B. Finishes

1. Driving Double
2. Hi-C lift -back arm deep
3. Finish from knees
 - a. Elevate (second bite & inside arm deep)-double
 - b. Elevate (second bite & inside arm deep)-capture far ankle-stay high
 - b. Fake a crackdown- cut to double
4. Crackdown
 - a. Crowd
 - b. Carry
 - c. Roll
 - d. Stack
 - e. Flop-over inside-turk

-DUCK UNDER (outside step)

A. Set-ups

1. Inside tie wrist
2. Two inside tie
3. Head tie and inside tie
4. Give both wrists fake one way, go the other
5. Inside tie opponent grabs your wrist, bring wrist to your elbow

B. Always take opponent to the Mat.

-HAND FIGHT to Ducks/Doubles & Singles

-CRADLE

A. Augsburg Cradle

1. Set-ups
 - a. Near -lace
 - b. Far lace
 - c. Hook and elevate near lace
 - d. Cross body
 - e. Tripod
 - f. Inside out leg turk
2. Finishes
 - a. Hook and elevate
 - b. Far side and drive
 - c. Roll through
 - d. Cart-wheel if arm comes out
 - e. Cradle to Inside-out leg turk

B. Cross Face Cradle Series

1. Straight turn
2. Cradle

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3. Corkscrew/double-double

-FRONT HEAD

A. Set-ups

1. Inside hook- Head snap far arm
2. Inside hook- Head snap near arm
3. Under hook

B. Finishes from knees & feet

1. Go-behind
2. Elbow pry
3. Elbow pry to head-block
4. Windmill
5. Knee block
6. Knee block to Go-behind
7. Ankle pick-near and far
8. Inside trip
9. Duck under
10. Brands
11. Brands to a go-behind
12. Re-snap
13. Shuck
14. Russian roll

-INSIDE CRADLE

1. Finishes

- a. Straight Turn - Post Head
- b. Basket
- c. Olympic
- d. Split -Finish
- e. Reverse roll

-SIT-BACK SERIES

A. Finishes

1. Two-on-one, post hand, arch and hip heist
2. Gazzoni
3. Tripod
 - a. Backdoor
 - b. Roll
4. Sweep-for-one
5. Stand
6. Switch

-DOUBLE LEG

A. Set-ups

1. Head smash/pound
2. Reroute head
3. Arm chop
4. Elbow pop
5. Drags (chop & roll drag)
6. Wrist chop- opponent has same side wrist
7. Wrist –Wrist
8. Blast double

B. Finishes

1. Low drive tackle
2. Low drive tackle-inside turk
3. Spike (heal trip)

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-ARM BARS - Sets and Finishes

- A. One-on-one-Roll it under
 - 1. Jackson Bar
 - 2. Country boy
- B. One-on-one- Roll it under -Hook-Thread-Thru
 - OR Grab wrist around waist -Hook-Thread-Thru
 - 1. Single arm bar (chicken wing)
 - 2. Double arm bar
 - 3. Bar and wrist
 - a. Run it
 - b. Just's Stack (bar and wrist)
 - c. Steiner's tilt (bar and wrist)
- C. One-on-one- Roll it under -Hook
 - OR Grab wrist around waist -Hook
 - 1. Beatty's
 - a. Tilt
 - b. Roll Thru
- D. Ball and Chain Series
 - a. Hess/stack
 - b. Marshall
 - c. Sugar Bowl
 - d. California Roll

-BUSTS (Intense and on the whistle)

- A. Spiral (to a one-on-one or high half)
- B. Chop - Grab - Post near or far side
- C. Chop Near side and Grab -Go to Far Side and Thread Ball & Chain
 - Hook the near arm and crowd the armpit.

1. Cross body Leg Ride

- a. Turk Across
- b. Power Half

2. Russian Legs

- a. Turk Across
- b. Bar and Tilt

3. Leg Counters

4. Ankle Picks

- a. Under-hook
- b. Head Tie

5. Throw By

6. Russian Tie

- a. Single
- b. Fake single and Schuck down
- c. Pop-up Double when he posts

7. Firemans

8. Grandby Roll

9. Single Defense and Whizzers, Key-locks

10. Waist whizzer

11. Front Trips and Lifts

12. Inside Turks

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